

The ALANEWS

INSIDE THIS ISSUE:

Gratitude Lunch	1
A Man, not a Hero	2
Service in Al-anon	3, 4, 5
Boutique Flyer	6
Winter Party	7
2023 Al-Anon International Convention	8

Upcoming Events

Al-Anon District 3
**Help us celebrate everyone who serves in
Al-Anon -- past, present and future!**

Gratitude Lunch

Saturday, October 22
12:00 - 2:00 pm
Wheeler Farm Ice House *

- Chili
- Donuts
- Apple Cider
- Pumpkin Decorating

**Enjoy Wheeler Farm animals
and trails for free. Pumpkinfest
tickets can be purchased the
day of for \$10 (includes hay
ride and corn maze).**

**Scan QR code or text to RSVP!
Amelia C. 801-574-0550**



SCAN ME

* Park by the large Activity Barn and follow signs to the Ice House just east of the Barn.



A Man, Not a Hero-Accepting my Father for Who He Is

I now know that my dad is just a man. For the past 30 years, I put him on a pedestal. He was a beacon, an example of how the program really works. He had 15 years of sobriety, then five years, and now after less than a year, he slipped again. My world is shattered and I feel lost. I hate this disease! It is, however, because of my father that I can recognize it as a disease—and for that, I am grateful.

When he has sobriety, he is wise, compassionate and someone I look up to and confide in. When he isn't sober, he is a stranger to me. Thank God for Al-Anon. Now, I see my dad for who he really is, instead of how I want him to be.

I know that this is a family disease. I can have compassion for him. He is not a hero. He is simply a man who needs to find his own way. He grew up with this disease, just as I did, and cannot do it alone. He has changed my life and given me the greatest gift of all—our program.

It is my turn to be a light to him. I know that when he is done living in darkness, the light of this program will bring back my dad and restore hope and peace in his heart. Just for today, I will put him in God's hands and trust that he is safe there. I have a Sponsor; I have tools to help me through this difficult time.

By Jennifer L., Alberta September, 2011

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Al-Anon Family Groups Incorporated, Virginia Beach, VA



The article below was a speech given at our Fall Fellowship in Bryce Canyon

Service in Alanon

Service in Alanon is the easiest gig out there, a pleasant surprise that keeps me coming back. I just show up and am there for people. People who share the same story as mine. Though they have different names, faces, back grounds, religions, cultures and languages, alcoholism and addiction all share the same language, like math, it is a universal language. Sadly though, unlike math, alcoholism isn't fun! Ha ha! Alanon isn't the only service I do. I serve the cats at the Humane Society and my own three, four legged furry rug rats at home. If anyone has cats, you know that **they expect** it. They supervise while you scoop their liter and pick the right food. While there is reward that comes from serving cats, it just isn't the amazing reward that comes from the return of serving in Alanon. Like cats however, people can sometimes seem ungrateful in their stressed out overwhelmed state of mind. That is how I was when I first started coming to Alanon. I was in a mental block of denial, with fear, anger and frustration. I had lost all hope of recovery for my husband. I was lost. I was living in a subconscious world existing at work, commuting, silently sobbing often, and wondering how much longer before I would be planning a funeral. But I never felt anything but love and acceptance from the people in those meetings. They knew the state I was in because they had been there too and others continue to suffer.

And then, I think it might have only been my third meeting, Bountiful step by step on Tuesday nights, that I met D. the service enforcer, who sets the best example of anyone I have ever met in Alanon. When I came into the room one night, she told me I was chairing. She might have considered asking me at first, but likely recognized immediately that I was going to say "oh I don't think so" and so she told me, and so I did. Everything about chairing a meeting is easy. I'm pretty sure that first time I was just going through the motions, but due to the successful way that Alanon meetings are structured, I breezed through the opening, the sharing and the closing without a hitch. Even in my state of mental chaos, I was able to look like I was completely in control and did not realize the positive effects that the experience had on my psyche. It was set up beautifully and was so easy to attach my brain to the words that flow out of the prepared writings of the Alanon approved materials that I was able to just be there for myself and everyone else in the room.

With everything already so well defined for the operational part of Alanon, it is just simple to chair and serve in any position. There are scripts and assigned responsibilities for the treasurer, group rep., alternate group rep. and other district and area positions. Really you just have to show up and you get to meet amazing strong survivors who are fun and caring people. People who are willing to give their time to help others surviving the effects of the terrible disease that is alcoholism and addiction.

But I have digressed. The next thing I knew, shortly after chairing my first meeting, I was group representative, heading to district meetings, signing up to help at events, and then one election day at the district meeting I sat very quietly and stared at my fingernails. There was no way that I was going to step up to a position. I considered myself way too busy.

It's interesting how, as an atheist, I'm able to state to this day, that an entity outside of myself made me volunteer that day to be the district secretary for the next three years. **THAT IS THE POWER OF SERVICE in ALANON!** It gives back so much, that I can't say no when the opportunity is put in front of me.

I also serve as the president of my condo association. Needless to say, that as far as service goes, the cats are more grateful. I have found no joy that comes from the service of others who do not share a common need as strong as what Alanon offers. If you doubt that, just take note that I'm up here speaking today. I didn't volunteer without being asked. I have a lot of strengths but public speaking is not one of them.

In Alanon, it isn't a speech, its service. In Alanon, I'm always compelled to give back and give new hope to newcomers.

Service is also about my own recovery. I do it for the rewards I personally collect. The emotional strength and new found mental alacrity that comes by pushing myself into my discomfort zone. When in service, I don't have the mental space to feel sorry for myself. I'm focused on the health of my program and the health of our Alanon family groups. I'm focused on helping people find what I have. Recovery from pain, exhaustion, grief and the myriad of other horrors that come with the disease of alcoholism.

Now I've taken to giving away my time to a whole new level by giving outside of Alanon, and I have to wonder what I'm running away from. But the reality is that I thought I would get the same rewards that come from service in Alanon. In all honesty, service to animals does fulfill me in great ways, but it is very different from the gift that keeps on giving – the gift of service in Alanon.

I challenge each of you to volentell your new comers to chair, to help them - help you - get them involved. Find ways in meetings to get everyone to share, find ways to allow them to serve, even in the smallest ways. Inviting everyone to come to events, offer a ride, or you know, volunteer someone else to give them a ride.

In service I don't have time for resentment or self-pity. I have learned to communicate with my siblings and their spouses that are still heavy drinkers. I'm the one they call for help and sometimes, I'm the one they listen to when I tell them they know exactly what they need to do. Why, because I learned how to communicate through the strength, hope and experience of the people in Alanon Family Groups. I've learned to understand what really is important, and what should be let go. My favorite question now is ***"how important is it"***. I use that phrase a lot in my weekly correspondence, with friends, co-workers and especially family. I've learned to communicate in gentle and healthy ways, to listen and to apologize, even if it isn't my fault. For me, I've had some hard habits to break growing up in my lovely, over the top, dysfunctional family. I can't be the boss when serving others. I can't be in charge, I can only be there and listen and love, but not tolerate mental, emotional or verbal abuse from anyone ever again.

I hope to pass that message on to anyone I can and sharing my own experience, strength, and hope is what I believe drives that message to others. In service I have found no time for self-pity, regret, or embarrassment, well maybe a little embarrassment. The responsibility has helped me reign in my anger and fear and get busy! When I stay busy, I stay better.

Now, ironically, I have accepted a position with the district that I had never imagined myself taking. Alateen coordinator. I honestly have zero clues what the person in this position does, but I have no doubt that I will have lots of support finding out. When taking a position, I have never been without a full support team. I have already started the process of becoming AMIAS Certified and would encourage everyone to get involved with the teens that need this program. I believe it is so important to help our youth understand recovery and how to live in health and happiness at the same time they are living with addiction and alcoholism. I want to help them take care of themselves early on before it gets too big to manage and the possibility of losing them to the disease as well.

I want to wrap up by saying thank you to everyone who has been there for me by just showing up and signing up. For every share, every committee member, every position held, and every effort. There is no failure in this program. There is only our personal journey of experience, strength, and hope and there is not a doubt in my mind that were it not for getting into service for my fellow Alanons I would never have stayed in Alanon. I shudder to think about what that would mean for myself and all my relationships. Thank you.

Yours in Service,
Martee A



AL-ANON HOLIDAY BOUTIQUE

Come join us at the Alano Club on December 3, 2022

From 11:00 am to 3:00 pm

- Silent Auction
- Opportunity Drawing
- Unique gifts and crafts
- Fun, Food, Fellowship

Bring the whole family – one free ticket to all who attend

Santa will be arriving at noon and staying until 2pm

Address: 5056 Commerce Drive, Murray UT

Questions contact Darla by text at 801 455 1324

Groups let me know if you need a table.

District One - AIC Fundraiser
WINTER PARTY

Saturday November 19th, 2022

2 PM to 6 PM

At the White House Reception Facility

1190 E. 5425 S. in South Ogden

Across the street from:

Holy Family Catholic Church in South Ogden.

Join us for an afternoon filled with fellowship and fun.

Food

Raffle

Silent Dessert Auction

Ornament Exchange

\$5.00 per plate - Kids 10 and under free.

One free raffle ticket comes with each plate.

Additional raffle tickets will be sold: 6 tickets for \$5.00.

To fully join in the fun please bring a dessert for the dessert auction,
an ornament with your phone number on it for the ornament
exchange and an item to be included in the raffle.

“The item should be something you’d like to win in a raffle!”



Albuquerque, New Mexico, USA

June 29 – July 2, 2023

al-anon.org

The **2023 Al-Anon International Convention** will be held in Albuquerque, New Mexico, United States, Thursday, June 29, through Sunday, July 2, 2023. Come celebrate Recovery, Unity, and Service with thousands of your closest Al-Anon family and friends from all around the world. Join us for lots of fun during special events, workshops, and Big Meetings as we find “New Hopes, New Friends, Renewed Recovery”!